HOME
FEEL COOL WITHOUT BEING COLD {page 22}

THE WORD
MARRIED LIFE ISN'T FOR HEF? DUH {page 10}

GET A NEW BODY FOR 2012
WELLBEING {page 14}

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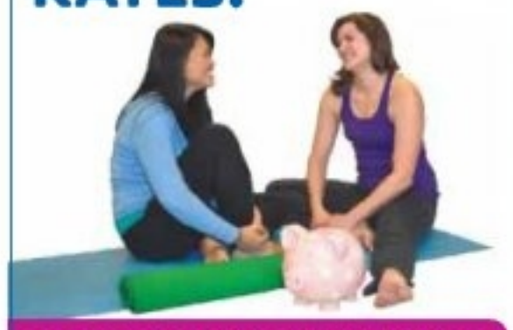

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NICOLAUS CZARNECKI/METRO

Fare shake-up?

MBTA officials outline scenarios to help close massive debt Be prepared to empty your pockets as T rides could cost as much as $2.40 on subway lines Service cuts would end E train, Commuter Rail service on weekends {page 02}

News

Tight race went late in Iowa

Conservative darlings Paul, Santorum pushed for lead
Romney, Gingrich also did well in early returns {page 08}

Statie busted by the feds

Trooper charged with extortion following alleged death threats {page 06}

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T fare increase, service reductions outlined

Proposals include cuts to Commuter Rails on weekends ◗ Fare increase scenario could spike ticket price by 43 percent ◗ Students and seniors would pay more to ride

NICOLAUS CZARNECKI/METRO

▶ Under two MBTA proposals outlined yesterday, riders could be paying more to get to their destinations. The MBTA will hold meetings in the coming weeks for passengers to voice their thoughts.

From potential fare increases to recommended Commuter Rail cuts and slashing ferry services, proposals delivered by MBTA officials yesterday to fix its looming debt could hit riders hard in all areas.

Two scenarios presented to the MBTA Board's finance subcommittee each contained significant fare spikes and drops in bus services.

Both proposals also included the option of eliminating the Green Line's E train on the weekends, a service that runs along Huntington Avenue and acts as a lifeline for students at Northeastern University and Fenway residents.

"Students would be screwed," said T.J. Wilcox, a senior at Northeastern.

"The cuts to the E-line would not only affect us, the students, but families in the area as well. It will definitely take something away from the allure of some of the schools on the line."
PATRICK GILBERT, NORTHEASTERN STUDENT

"How would people get into the city and to the bars? They shouldn't do it."

He said taking a cab is too expensive, and it's too cold to walk in the winter.

Jessica Kauffman, 23, said cutting weekend services on the line would make it difficult for her to get to work at Copley Place.

"The people that use the E line really need it," she said.

More than 20 public meetings are scheduled to garner input from riders before a final decision on fare increases and service cuts is made by the MBTA Board in April.

Scenario 1
- Fare Increase: **43%**
- CharlieCard: **$1.70** to **$2.40**
- CharlieTickets: **$2** to **$3**
- Bus Ride: **$1.25** to **$1.75**
- T Parking: **Up 28%**
- Service Reductions: Commuter Rail, Green Line E, Mattapan trolley, select buses, no ferries.

Scenario 2
- Fare Increase: **35%**
- CharlieCard: **$1.70** to **$2.25**
- CharlieTickets: **$2** to **$3**
- Bus Ride: **$1.25** to **$1.50**
- T Parking: **Up 20%**
- Service Reductions: Commuter Rail, Green Line E, Mattapan trolley, select buses, no ferries.

The changes, if passed, would hit riders by July and could include eliminating weekend Commuter Rail trains, as well as commuter services after 10 p.m.

MassDOT Secretary Rich Davey said he prefers an option that would impact the least amount of customers.

"We are going to have an open mind about how we can move forward," he said.

STEVE ANNEAR
steve.annear@metro.us

In the news

12

A Dorchester man will face a dozen animal cruelty charges today for allegedly running a dog-fighting ring in his home. Tyrone Perry, 44, is expected to face a judge today on the charges. Each charge represents one dog found injured or deceased in the basement of his home. Police searched the home last month after receiving a tip. METRO

Today's local tweet

"The MBTA is ridiculous. If they think I'll be paying $2.25-$2.75 for one ride, they are sorely mistaken. I'd rather walk."
@AE819 REACTING TO THE PROPOSED FARE HIKES BY THE MBTA

Murray was speeding

BOSTON. State Police fined Lt. Governor Tim Murray $555 after a review of the data recorded from his November car crash in Sterling.

▶ Tim Murray

The data were released yesterday at Murray's urging, and they also revealed he was not wearing his seatbelt.

In a report, State Police said it is not possible to know for certain what caused the crash, but the data is consistent with a driver falling asleep.

Murray said he was out getting coffee and surveying storm damage at about 5 a.m. when he crashed. He said he blew a "0" when he took an alcohol breath test.
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The car Lt. Governor Murray was driving reached a maximum speed of more than 100 miles per hour before the crash.

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DA: Dead man tied to cold case

Case of missing 10-year-old girl has been mystery for nearly two decades Evidence linked to dead man

Investigators yesterday identified a deceased man they believe was in the wooded area of Brimfield where 10-year-old Holly Piirainen's body was found in 1993 — a cold case murder that has eluded authorities for 18 years.

Evidence found at the crime scene near Piirainen's body was recently tested and forensically linked to David E. Pouliot of Springfield, who died in 2003, according to Hampden County District Attorney Mark G. Mastroianni. Authorities did not identify the evidence tested, but claim the location, nature and condition of the item suggests Pouliot or someone associated with him was in the immediate crime-scene area.

▶ Piirainen

Authorities are not calling Pouliot a suspect, but they are urging anyone who may have interacted with him from 1993 to 2003 to come forward.

"Developing as much information as possible about David Pouliot, with the assistance of the public, is vital to fully follow up on this new lead," said a statement from Mastroianni.

Piirainen, of Grafton, went missing in August 1993 while vacationing with her family in Sturbridge. She had walked to a residence nearby to play with some puppies but never returned. In October 1993, hunters discovered her skeletal remains.

CHRISTINA WALLACE
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NICOLAUS CZARNECKI/METRO

Dorchester. Fatal fire

▶ The damage on a Dorchester building was still visible yesterday after an overnight, fatal fire killed an 80-year-old man.

Man killed in overnight Dot blaze

A man was killed and a Boston firefighter was injured after a fire broke out in a large apartment complex in Dorchester yesterday. The fire began around 3 a.m. in a fourth-floor apartment at Harbor Point, according to a fire official. A man was found dead in his apartment. A firefighter was hospitalized for a shoulder injury and four residents were treated for smoke inhalation. The cause of the blaze, which resulted in $250,000 in damage, is under investigation. METRO/CW

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— Yu Wu, BU doctoral student; BU certificate awarded 2010

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12/10	Killington
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12/30-1/2	Quebec City
12/31	Mount Snow

JANUARY

1/1	Sunday River
1/7	Stowe
1/8	Stratton
1/13-16	Sugarloaf
1/14	Sunday River
1/15	Killington
1/20-22	Jay Peak
1/21	Jay Peak
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1/22	Mount Snow
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1/27-29	Sunday River
1/28	Stowe
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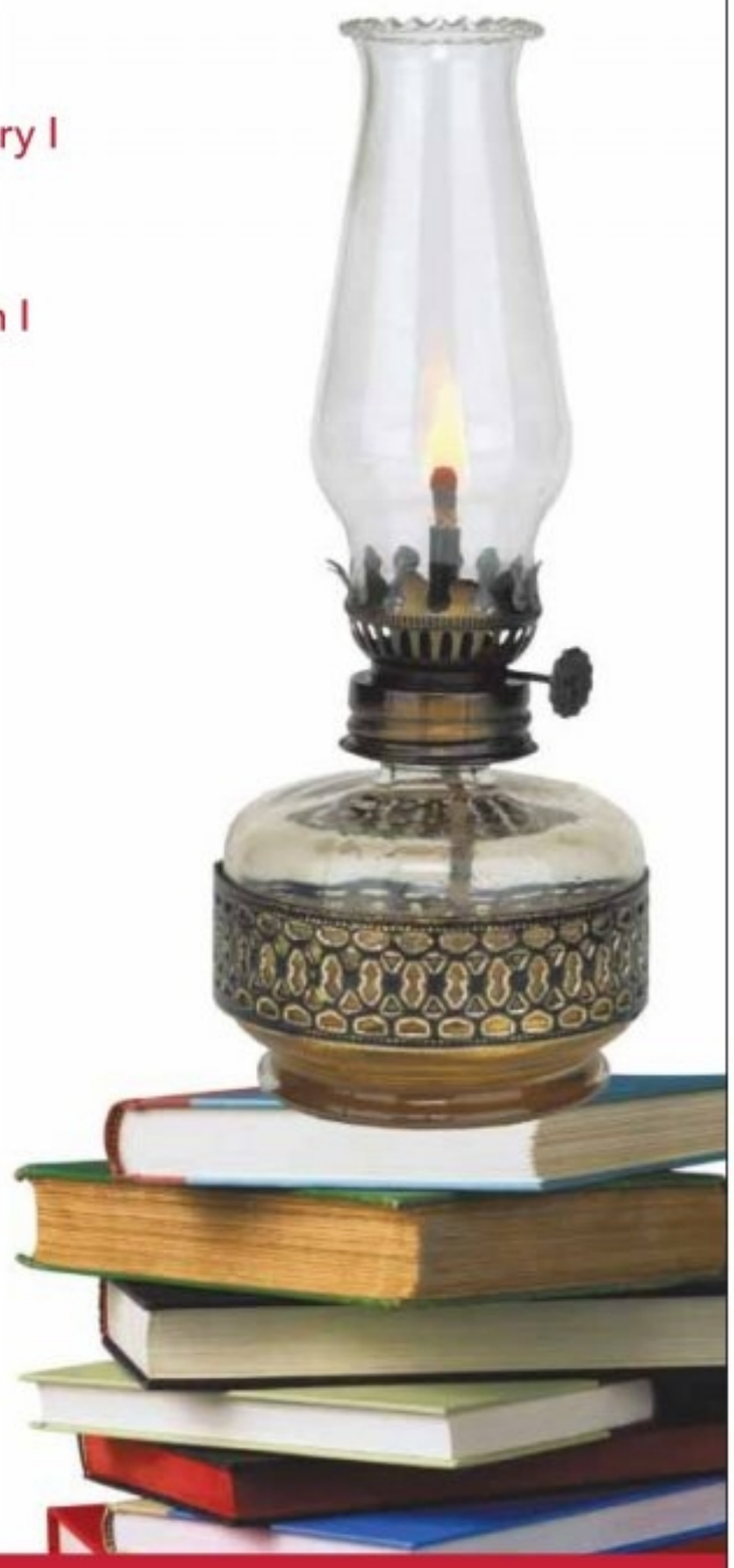
SOC-101: Principles of Sociology
(3 credits – Section M2)
Monday, 11:45 p.m. – 2:30 a.m.

HIS-151: United States History I
(3 credits – Section H1)
Thursday, 11:45 p.m. – 2:30 a.m.

SPN-101: Elementary Spanish I
(3 credits – Section T1)
Tuesday, 11:45 p.m. – 2:30 a.m.



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Trooper in cuffs for gambling ring

- Feds: Statie threatened to kill people who owed money
- Trooper allegedly became involved in gambling ring
- Trooper's lawyer says allegations not what they seem

A veteran State Police trooper was the one in handcuffs yesterday when he was brought in to federal court to answer to an extortion charge.

John Analetto, 48, of Belmont, was charged with extensions of credit by extortionate means.

According to a federal complaint, Analetto loaned a cooperating witness $24,000 for outstanding debts to loan sharks. The witness approached federal agents last month and told them he has been involved in illegal interstate gambling for 17 years and was recently introduced to Analetto.

Analetto allegedly loaned the money to the cooperating witness in exchange for a percentage of the gambling business. Analetto also allegedly told the witness he would refer people to the gambling business.

Phone call

Authorities allege that Analetto made a threatening call to a bettor Dec. 30. They released part of the message he left:

Hi Chris, Happy New Year. We're calling to see if we can recoup some of our investment. ... We'd appreciate if you contact the right people and start doing the right thing, or 2012 isn't gonna be too good for you. So Happy New Year to you and your mom and dad and family. ... Capisce. Bye.

"We wanted to play an active role in the investigation because we were so disgusted by the allegations."
DAVID PROCOPIO, STATE POLICE SPOKESMAN

NICOLAUS CZARNECKI/METRO

▶ Family and friends of Massachusetts State Police Trooper John Analetto leave Moakley courthouse yesterday following Analetto's initial hearing.

According to the affidavit, Analetto became angry and threatening when he learned money was still owed to him or the witness and slapped the cooperating witness.

He also allegedly threatened to sexually assault the mother of one bettor.

Some of the threatening telephone calls and interactions between the witness and Analetto were captured on video and audio recordings, according to the affidavit.

State Police said Analetto was suspended without pay.

Dan O'Malley, Analetto's lawyer, said his client was "upset" and "troubled," and added that the charges were not accurate.

"It's not as it appears at first blush," O'Malley said.

If convicted, Analetto faces up to 20 years in prison and a $250,000 fine.

He is due back in court Friday for his detention hearing.

MICHAEL NAUGHTON
michael.naughton@metro.us

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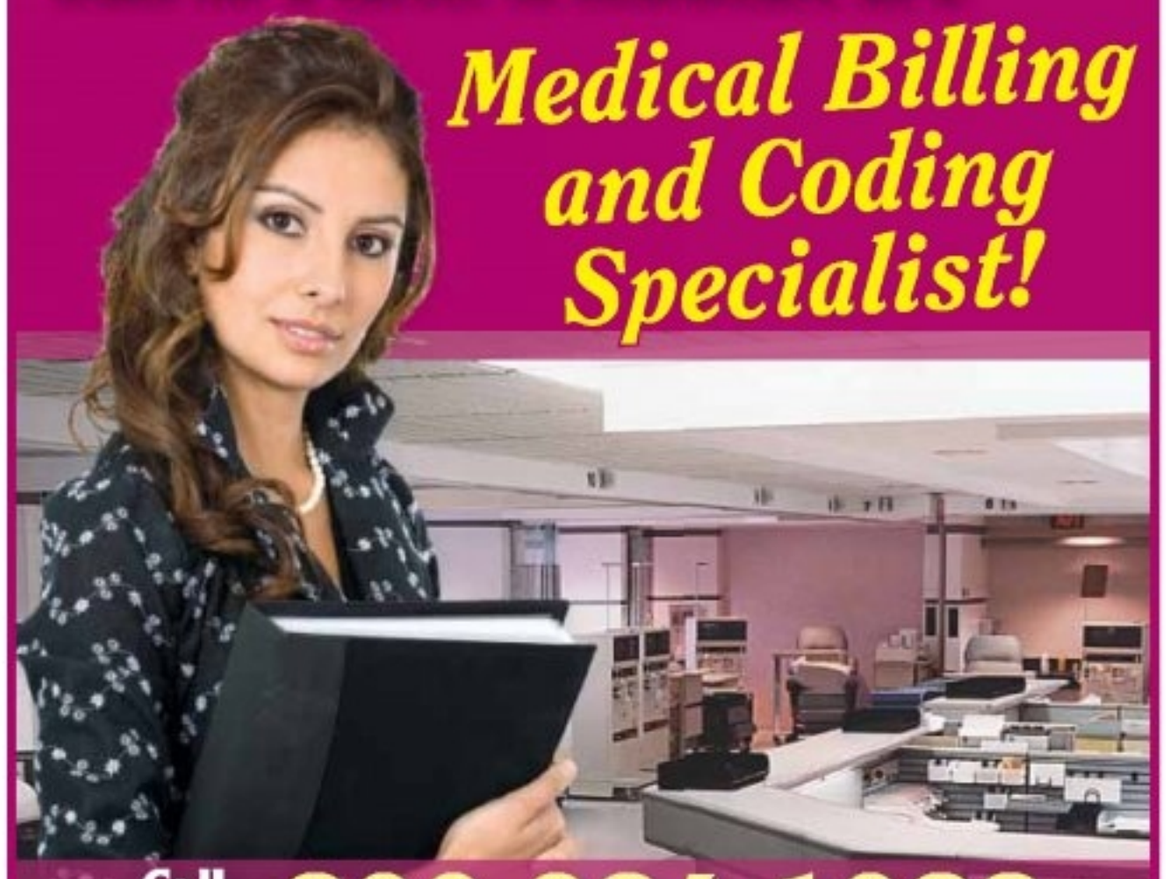

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—Larry D.

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—Jonathan S.

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JEWEL SAMAD/AFP/GETTY IMAGES

▶ Voters register to cast their ballots during Republican caucuses at a school in Des Moines, Iowa.

Ready to rumble? Election season gets start in Iowa

The presidential campaign kicked off in earnest yesterday as voters met across the rural state of Iowa in the first contest to determine a Republican challenger to Democratic President Barack Obama.

At least three candidates had a likely shot at victory — Mitt Romney, Ron Paul and Rick Santorum — but an upset was not out of the question in the opening round of a Republican nominating contest that has been marked by volatility.

Iowa's caucuses are known more for weeding out candidates than picking the future president.

28

Sparsely populated Iowa only yields 28 delegates of the 1,143 needed to lock up the Republican presidential nomination — and they aren't actually awarded for months.

Finishing in the top spot could provide a big boost in a state-by-state battle that could end up as the most expensive in history.

Most of the candidates have topped opinion polls at one point in the race, which until recently centered on televised debates rather than on-the-ground campaigning.

Polls show Romney, the favorite of the party's business wing, in a tight race with Paul, a U.S. congressman from Texas with libertarian views, and Santorum, a former U.S. senator from Pennsylvania who hopes to consolidate Iowa's large bloc of Christian conservatives. Romney is a former Massachusetts governor.

Many voters remain undecided. The unusual caucus process adds an element of unpredictability. REUTERS

Contest clearing the field

DES MOINES. Struggling rivals like Texas Gov. Rick Perry and U.S. Rep. Michele Bachmann are fighting for at least a fourth-place finish that could preserve their flickering hopes.

"People are looking for the one true core conservative that can take on Barack Obama and win. That's what I've demonstrated throughout the campaign," Bachmann told CNN.

Iowa's nominating contest has traditionally cleared the field of losers and elevated surprise contenders. Former Arkansas Governor Mike Huckabee won the 2008 Republican caucuses, but fell short of the nomination. REUTERS

Poor Newt? Ads attack

DES MOINES. Former House of Representatives Speaker Newt Gingrich has seen his support erode under a barrage of such attack advertisements.

"Poor Newt. I kind of feel sorry for him. He's just been savaged," said voter James Patterson, who said he plans to vote for Romney. "Somebody's really, really mad at Newt." REUTERS

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Abdominal fat reducer provided to Hollywood stars by famous plastic surgeon now available to public

An advanced line of products produced by famous Beverly Hills plastic surgeon Dr. Frank Ryan is now available to the public.

Previously these products had only been available to Dr. Ryan's clients which included Oscar winning Hollywood movie stars and celebrities across the nation. These products substantially improve personal appearance without plastic surgery.

Dr. Ryan, perhaps the most famous Hollywood plastic surgeon in recent times, was extensively featured on television and in magazines across the nation. Dr. Ryan was also one of the first professional staff members of Endless Youth and Life which provides products and services that make celebrities look and perform many years younger than their age.

On August 16, 2010 Dr. Ryan died in a tragic car accident. It was Dr. Ryan's wishes that Endless Youth and Life would make his advanced non-surgical product line available to the public in the future. Endless Youth and Life is now complying with Dr. Ryan's wishes.

The first product being offered to the public is Dr. Ryan's most popular non-surgical personal appearance enhancement product, Dr. Frank Ryan's Abdominal Fat Reducer.

Abdominal fat is the most stubborn fat to reduce and it is also the most hazardous fat to health. Abdominal fat produces destructive hormones that spread throughout the body. A clinical study has shown that Dr. Frank Ryan's Abdominal Fat Reducer can reduce your pot belly without changing your diet or physical activity.

A double blind clinical study was conducted on Dr. Frank Ryan's Abdominal Fat Reducer. The study was commissioned by Advanced Supplement Research and used a research group which conducts clinical studies for the major drug companies.

The test subjects in the study lost significant weight and reduced their pot belly without changing their diet or physical activity. People who were not exercising or dieting lost weight and pot belly as well as those who were exercising and dieting.

The study also showed that Dr. Frank Ryan's Abdominal Fat Reducer significantly increased calorie burning so that you lose weight faster or you can eat more food without gaining weight. And, the study found that the all natural Dr. Frank Ryan's Abdominal Fat Reducer pill produced weight loss safely.

How does Dr. Frank Ryan's Abdominal Fat Reducer work?

It was found in a number of research studies that a substance called Conjugated Linoleic Acid (CLA) decreases abdominal body fat in three ways: 1.) CLA decreases abdominal body fat mass by decreasing the amount of abdominal fat that is stored after eating; 2.) CLA increases the rate of fat breakdown in abdominal fat cells; and 3.) CLA increases the rate of abdominal fat metabolism which decreases the total number of fat cells. You can think of CLA as a match that lights the fuse in abdominal fat. This fuse also increases metabolic rate that can result in more fat loss. Dr. Frank Ryan's Abdominal Fat Reducer contains the effective dose of CLA.

CLA interferes with an enzyme called lipoprotein lipase (LPL). LPL is an enzyme that helps store fat in the body.[2] So, by inhibiting this fat-storing enzyme LPL, CLA can help reduce the re-accumulation of fat.

CLA also helps the body use its existing abdominal fat for energy, thereby increasing fat oxidation and energy expenditure.

Dr. Frank Ryan's Abdominal Fat Reducer also contains other super highly advanced all-natural ingredients that help reduce abdominal fat.

Studies have shown that Dr. Frank Ryan's Abdominal Fat Reducer ingredients increase the rate of fat metabolism, which reduces both surface and intestinal abdominal fat and helps inhibit future formation of these abdominal fats.[3,4,5] One of these ingredients is a very high quality and potent extract of green tea. This extract is EGCG, which has been shown in clinical studies to dramatically and quickly increase calorie burning which helps to quickly reduce abdominal body fat.[4] These ingredients start working in 20 minutes to increase calorie burning, which is the first step to reducing the pot belly.

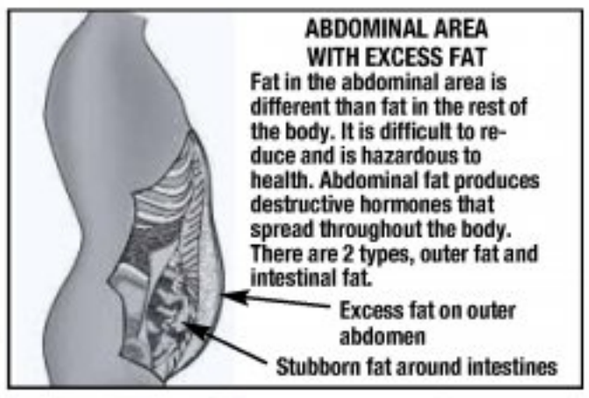
Today readers of this publication can get Dr. Frank Ryan's Abdominal Fat Reducer at a major discount if they order in 10 days from the date of this publication. The regular price of a 30-day supply of Dr. Frank Ryan's Abdominal Fat Reducer is $59 plus $3.95 shipping and handling for a total of $62.95.

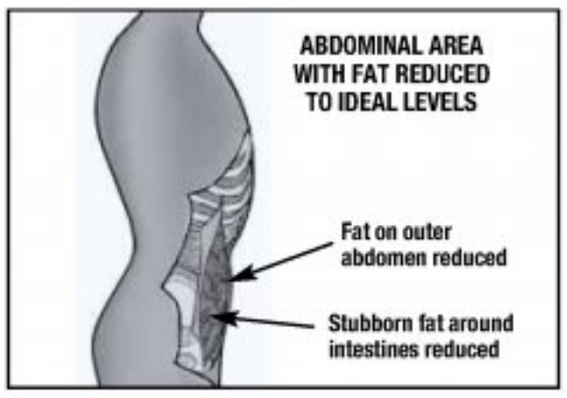
But, for this 10-day discount, readers can get $20 off plus free shipping and handling and pay only $39 delivered for Dr. Frank Ryan's Abdominal Fat Reducer. For readers who want to obtain a 30-day supply of Dr. Frank Ryan's Abdominal Fat Reducer at this 10-day discount price, please see the Special Reader's Discount Coupon on this page.

There is a strict limit of 3 bottles at this discount price – no exceptions please. Those readers ordering after 10 days from the date of this publication must pay the regular price.

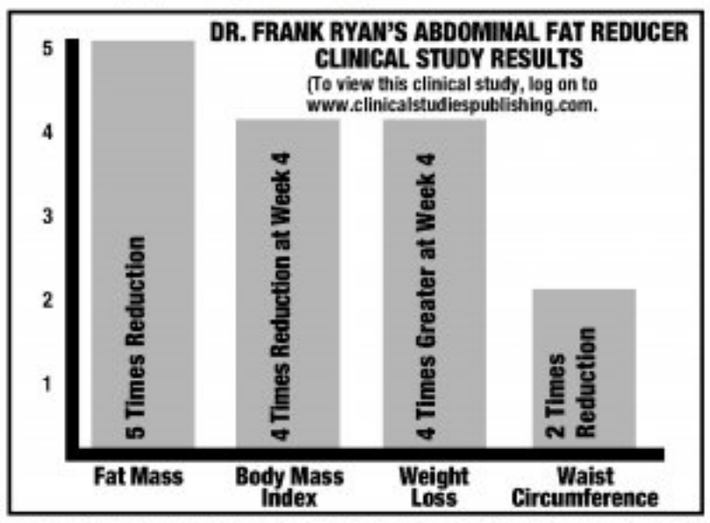
[1]Int J. Obesity 2001 25:1129-1135
[2]LLP (Lipoprotein Lipase) reference Lipids, 1997 Aug 32(8):853-858
[3]AMJ Clin Nuff. 1989 Jan; 49(1):44-50
[4]AMJ Physol. 1995 Oct: (4pt1):E671-8
[5]Metabolism 2000 Jan: 49:101-7
• These statements have not been evaluated by the Food and Drug Administration. This Product is not intended to diagnose, treat, cure or prevent any disease.

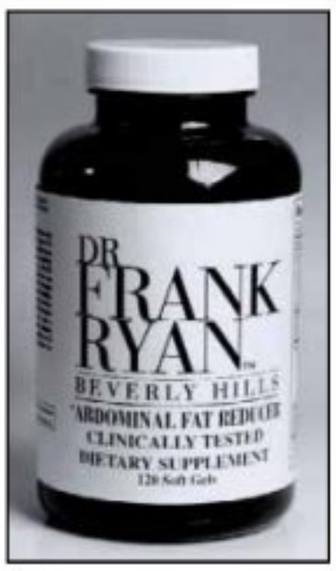
Dr. Frank Ryan, famous plastic surgeon to the Hollywood stars, was featured on television and in magazines across the nation on an extensive basis. Before he died in a tragic car accident on the Pacific Coast Highway near his ranch in Malibu, Dr. Ryan fulfilled his lifelong dream of developing a line of products which would substantially improve personal appearance without plastic surgery. This product line, which includes an advanced abdominal fat reducer was previously only available to Dr. Ryan's clients. It has now been made available to the public.


ABDOMINAL AREA
WITH EXCESS FAT
Fat in the abdominal area is different than fat in the rest of the body. It is difficult to reduce and is hazardous to health. Abdominal fat produces destructive hormones that spread throughout the body. There are 2 types, outer fat and intestinal fat.
Excess fat on outer abdomen
Stubborn fat around intestines



I'm Johnnie Smith. I was on Dr. Frank Ryan's Abdominal Fat Reducer for 30 days. I lost 21 pounds and lost 4 inches off my waist without any changes to my diet or physical activity.





Dr. Frank Ryan's Abdominal Fat Reducer

My name is Christie Kuykendall. Thanks to Dr. Frank Ryan's Abdominal Fat Reducer I was able to lose all of my stubborn pot belly without changing my diet or physical activity.

SPECIAL READER'S DISCOUNT COUPON

The regular price of a 30-day supply of Dr. Frank Ryan's Abdominal Fat Reducer is $59 plus $3.95 shipping and handling. People reading this publication get a $20 discount plus free shipping and handling and pay only $39 for Dr. Frank Ryan's Abdominal Fat Reducer delivered if you order within 10 days. There is a strict limit of 3 bottles at this discount price-no exceptions please. Dr. Ryan's other products include topicals, which reduce wrinkles and tighten saggy skin without plastic surgery. People who order Dr. Frank Ryan's Abdominal Fat Reducer will have access to these highly advanced products used by the Hollywood stars.

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Number of bottles you want: _____

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☐ I am ordering Dr. Frank Ryan's Abdominal Fat Reducer past 10 days of the date of this publication, therefore I pay full price of $59 plus $3.95 shipping and handling.

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myentertainment

2

THE WORD

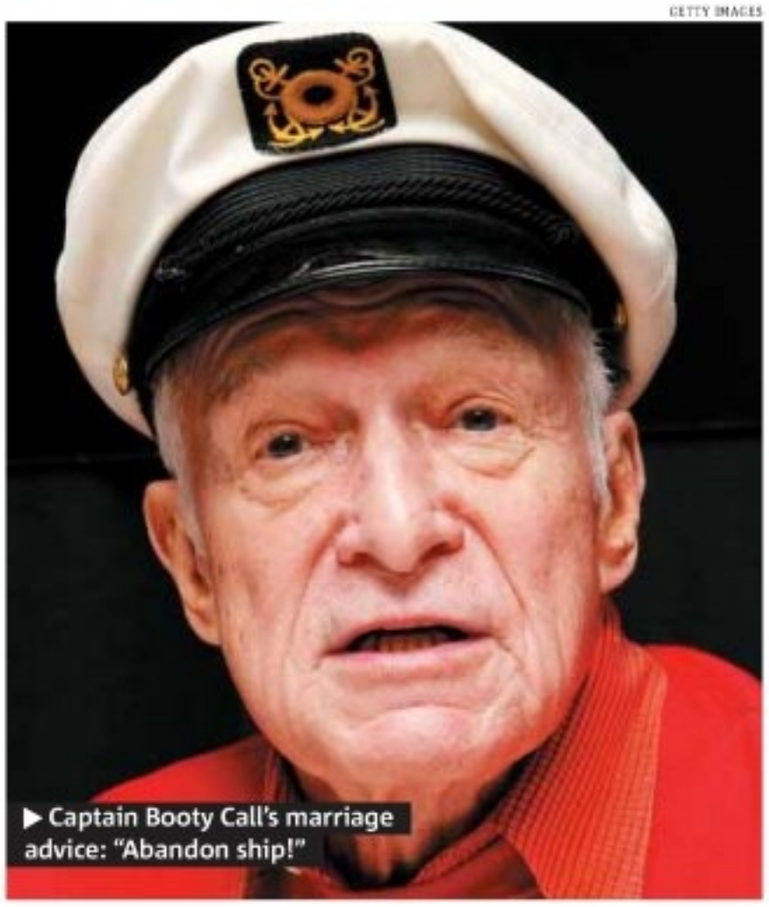
Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Hefner states the obvious for 2012

After a tumultuous 2011 that saw his engagement to Crystal Harris (who I like to think of as a very low-rent Kardashian in her media manipulation) fizzle, Hugh Hefner, 85, is vowing to avoid marriage for 2012. "This year has been a very interesting year for me. I almost got married," Hefner tells People magazine. "And as Holly [Madison] — a dear friend and former girlfriend — said, 'Well, you missed a bullet.' I think that's accurate. I am clearly not meant to be married. Married life isn't for me."

You'd think the man who is known as an international Playboy and has called a mansion filled with frolicking naked women home for most of his life would have figured that out, oh, about 65 years ago.

GETTY IMAGES



▶ Captain Booty Call's marriage advice: "Abandon ship!"

ABC

▶ Greene prepares for a scene on the "Pan Am" set.

Greene isn't making friends on 'Pan Am'

Has **Ashley Greene** gotten a little too big for her "Twilight" britches?

While Greene has been filming a guest stint on struggling TV drama "Pan Am," she reportedly hasn't been making any friends among the cast. "Ashley came rolling on to the set acting like a queen bee," a source says, according to Hollyscoop.

"She was stuck-up with the crew and acted like appearing on TV amounted to slumming. She referred to herself as a 'real movie star,' and said she was sure her guest stint would boost ratings." Folks from the show reportedly set up a "welcome lunch" for Greene, which she blew off.

Girlfriend, you were third string in a movie about sparkling vampires. You have far to go until you're allowed to act like **Mariah Carey**.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Ellen Barkin is questioning the advice she's receiving, Rupert Murdoch likes things cold and empty, Jonah Hill is going to the movies and Seth MacFarlane is worried about Demi Moore.

▶ **@EllenBarkin:** The fortune in my fortune cookie said "Character is the cornerstone of success." I think my cookie is stale.

▶ **@rupertmurdoch:** NY cold and empty, even central park. Nice!

▶ **@JonahHill:** I'm pretty sure "Extremely Loud And Incredibly Close" is about my Mom.

▶ **@SethMacFarlane:** By now I bet Demi Moore is getting sick of Patrick Swayze's ghost always trying to contact her.

Barkin

Talking points

Robyn Moore: Ka-ching!

The divorce between **Mel Gibson** and his wife of 30 years, **Robyn Moore**, was finalized just before Christmas after more than two years of negotiations, according to Entertainment Weekly. While the details of the settlement are being kept confidential, sources say Moore walked away with half of Gibson's estimated $850 million fortune. She also retains custody of the couple's 12-year-old son, Thomas. Moore filed for divorce in 2009 shortly after it was revealed that Gibson's then-girlfriend, **Oksana Grigorieva**, was pregnant.

GETTY IMAGES

▶ The lovebirds

Franklin to get R-E-S-P-E-C-T

Add **Aretha Franklin** to the growing list of celebrities who used the Christmas and New Year's holidays to get engaged. The Queen of Soul is officially planning to marry **Willie Wilkerson**, her reps confirm to the Associated Press. "No, I'm not pregnant," 69-year-old Franklin joked. The couple plans to marry this summer in Miami Beach.

No baby Beyonce yet

Rumors were flying last week that **Beyonce** had given birth in New York just before Christmas, but clearly that wasn't the case, according to one onlooker who spotted the mother-to-be with husband **Jay-Z** on New Year's Eve in Brooklyn. "She was definitely a pregnant lady that night," the source tells Us Weekly. "She looked amazing. She wore sky-high heels. It was really impressive for an enormously pregnant woman."

That's Knight Hayek to you

Hayek gets knighted

Salma Hayek rang in the New Year by being knighted. The star was announced as a Knight of the Legion of Honor in France on New Year's Day, according to Women's Wear Daily. Her father-in-law was named a Grand Office of the Legion of Honor, the country's highest civilian honor.

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The celebs who were paid to be in Las Vegas for New Year's Eve

1. Will.i.am hosted and performed at a New Year's Eve DJ Set at Surrender Nightclub at Wynn Las Vegas on Saturday night.

2. Pamela Anderson attended the Final New Year's Eve Bash at Studio 54 inside the MGM Grand Hotel/Casino.

3. Looking more like an anime character than the Snooki we know and love, the reality TV star appeared at Ghostbar Dayclub's New Year's Eve party at the Palms Casino Resort.

4. Meanwhile, still in Vegas, recording artist Stevie Wonder performed at The Chelsea at The Cosmopolitan of Las Vegas.

5. Singer Bruno Mars performed on New Year's Eve at The Bank nightclub at the Bellagio Hotel and Casino.

6. Holly Madison toasted to the new year at the Gallery Nightclub at the Planet Hollywood Resort & Casino.

7. Kim Kardashian and her new bangs celebrated New Years Eve at Tao Las Vegas at the Venetian Hotel and Casino.

1: JESSE GRANT/WIREIMAGE
2: BRYAN STEFFY/WIREIMAGE
3, 4: ETHAN MILLER/GETTY IMAGES
5: ANGELA WEISS/WIREIMAGE
6: DAVID BECKER/WIREIMAGE
7: DENISE TRASCELLO/WIREIMAGE

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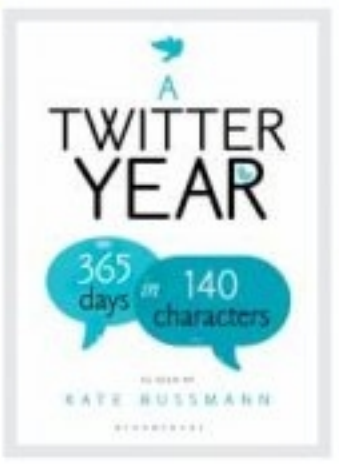

2011 in tweets

We're welcoming 2012, but let's take a quick look back at 2011 to see what was said in 140 characters or less Kate Bussmann, author of 'A Twitter Year,' on the year in tweets Who you should be following

Out of the billions and billions of tweets sent out in 2011, which ones captured that certain moment in time the best? Kate Bussmann got down to the task of finding these gems with her book "A Twitter Year: 365 Days in 140 Characters," which distills a year of conversation, argument, revelation and revolution into a review of the year as written by the Twitter community. Bussmann corresponded with us — in more than 140 characters — about the compilation.

First of all, why a book on the year in tweets?

This has been a banner year for Twitter. The numbers keep on rising. When my book went to press, we were up to 230 million tweets per day, from 65 million in June 2010. And we're now up to 250 million. For me and millions of others, the way we consume news has dramatically changed since the birth of Twitter. .

How did you narrow down what to put in the book?

2011 was an incredibly eventful year: The Royal Wedding, the Arab Spring, the News Corp. scandal, the rescue of the Chilean Miners, the capture of Osama bin Laden, Schwarzenegger's secret son. … So I really had a wealth of material to choose from. When it came to picking tweets about news events, my main priority was to find people who were firsthand witnesses to the events they were describing; so with the Egyptian revolution, for instance, I looked for people who were in Tahrir Square on Feb. 11, the day that Mubarak fell.

Q&A

What people should we be following on Twitter?

For no-punches-pulled celebrity fashion commentary, follow The Fug Girls (@fuggirls). For lightening-fast news, follow Reuters' Anthony de Rosa (@antderosa). Neil Patrick Harris (@actuallynph) and Ellen Barkin (@ellenbarkin) are the polar opposite of the usual bland celebrity Twitter feeds. Steve Martin (@stevemartintogo) is also hilarious on Twitter.

DOROTHY ROBINSON
dorothy.robinson@metro.us

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Fashion's most unavoidable trends of 2011

STRIPES

- Thanks to the house of Prada, the streets hosted a parade of fat or skinny, vertical or horizontal, bold, bright and even neon stripes. It was enough to put a yesteryear beach scene to shame. The reason: Stripes are stylish and classic without resembling a one-woman fashion victim warning sign.

THE SIXTIES

- Women had barely worn their '70s maxi skirts when the runways began trying to push us into skimpy '60s-style shift dresses. Too much too soon? Seeing as we're all doing a bit of penny-pinching at the moment, it appears shoppers just weren't ready for the fashion pendulum to swing in the other direction so fast.

POLKA DOTS

- They were supposed to be the new stripes, appearing all over the autumn/winter '11 runways — and then nothing happened. Witness the number of polka dot clothes and accessories left on clearance racks the world over.

STACKED BRACELETS

- Blame Jak & Jil blogger Tommy Ton for all the male and female wrists you've been seeing weighed down with stacks of bling, neon-colored yarn and leather cords.

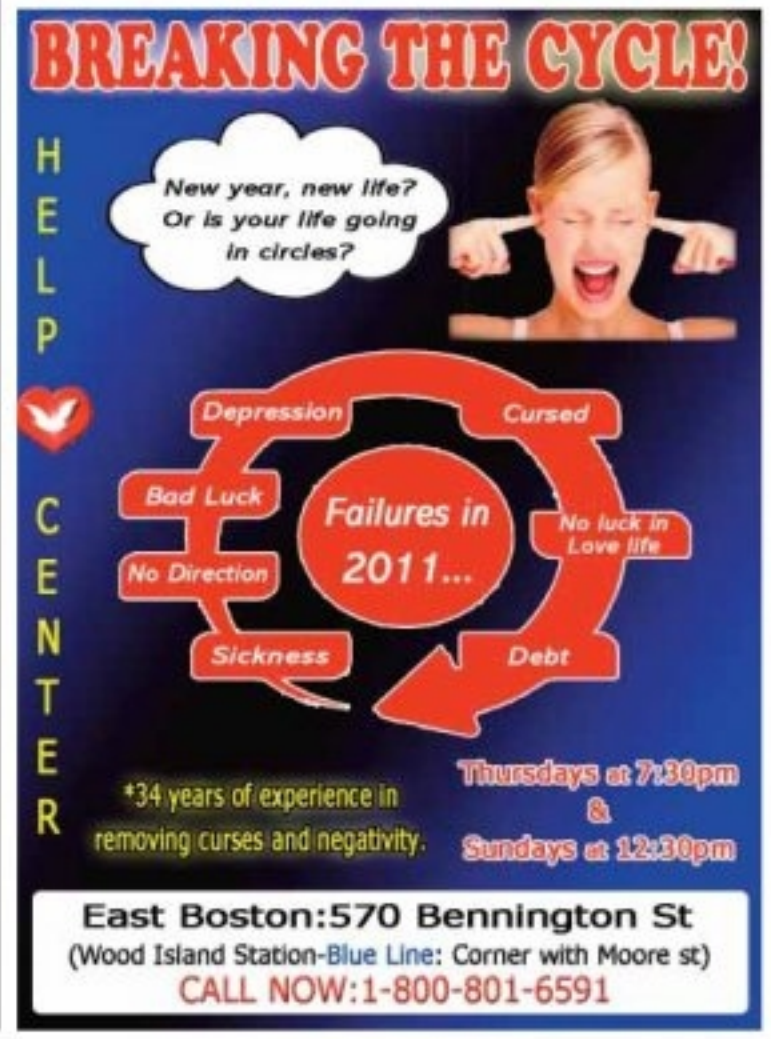
KENYA HUNT
METRO WORLD NEWS IN LONDON

KITTEN HEELS

- These were supposed to be the new platforms, giving women a reprieve from back-breaking stilts. Fashion editors loved them and duly pushed them in their magazine pages. But the rest of the world never quite bought it.

THE SEVENTIES

- You know the look: wide-leg jeans, floppy hat, sky-high platforms. Or a long, floaty dress with, you guessed it, a floppy hat. The '70s trend easily translated to the streets because it's relatively easy to wear. Consumers also loved the up-all-night clubbing look it conjured.



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2012: The year you get your best body ever

There's no quick fix for getting a lean body. Just as you didn't get flabby overnight, you aren't suddenly going to become toned either. Acquiring your dream body takes time, patience and effort. The watchwords for success and long-term change are "start small."

"People should just start moving in general — get out, take the car less," says Fawn Cronin, Boston Sports Clubs' fitness manager. "Walk those two blocks to the coffee shop. Most people sit all day for work. [You] need to get up and move around every 20 minutes. Take the stairs so that you're getting more cardio."

"A strong core is the basis of a fit body. Without a strong core, there's no support."
FAWN CRONIN

The first area to work on is the abdomen. "Always start with the core," she says. "A strong core is the basis of a fit body. Without a strong core, there's no support."

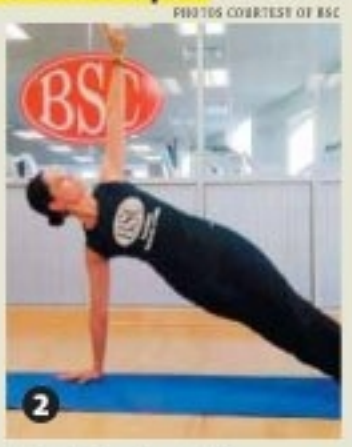
Cronin says people who aren't used to exercise should expect some discomfort from the effort; however, pain is a cue to stop. "I don't believe that 'no pain, no gain' is the motto today," she says. "Approach exercise slowly. If you feel tightness, adjust. Listening to your body is number one."

And now that the weather is colder, you'll likely be tempted to coop up indoors all day. But being active doesn't require power-hours at the gym. "Even if it's just to a video game, get up and get moving," advises Cronin. "There's so many things you can do around the house. Just get moving."

LINDA CLARKE
letters@metro.us

Cronin's tips

PHOTOS COURTESY OF BSC



Body-toning exercises to do at home

1. Dumbbell squat into overhead press

- Choose weights challenging enough for you to press overhead but light enough to maintain good posture.
- Line the heels up with the hips, with the weights in front of your shoulders.
- Hinging at the hips, sit back into a squat — simulating a movement that is comparable to sitting into a chair.
- Push through the heels to stand while rotating the palms away from the body, and lift the weights into an overhead shoulder press.

2. Push-up into side plank

- Position the body into a full plank by placing the palms shoulder-width apart, and the feet in line with the hips.
- Lower the body into a push-up, engaging the core and glutes. Press back into the plank position.
- From here, shift the weight of the body to one hand and rotate, reaching the other hand upward to bring the body into a side plank.
- Return to full plank and repeat on the other side.

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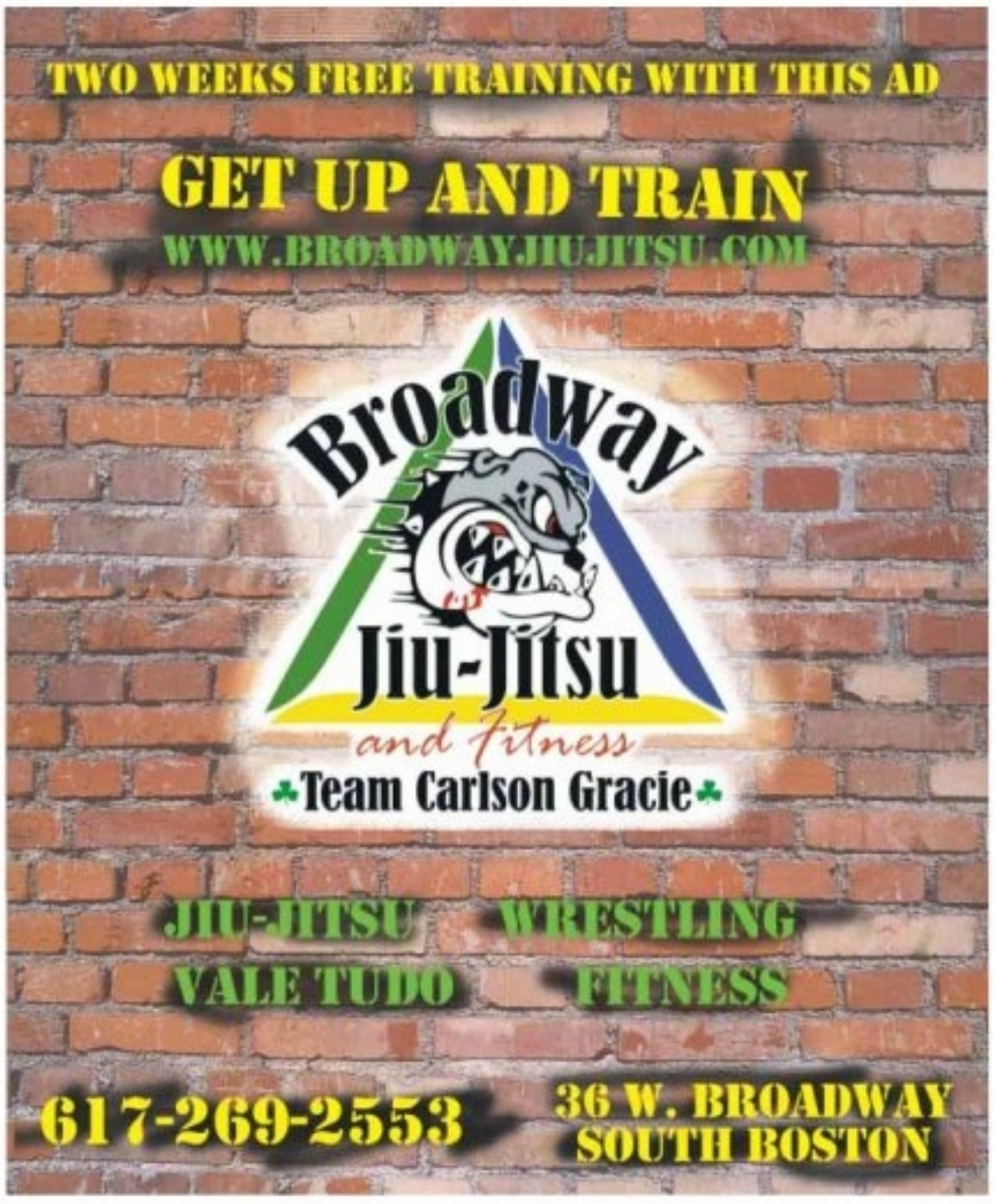

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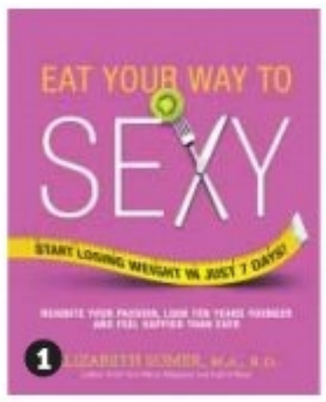
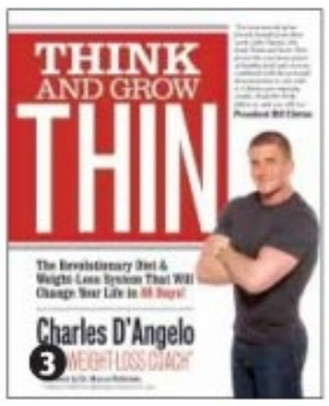
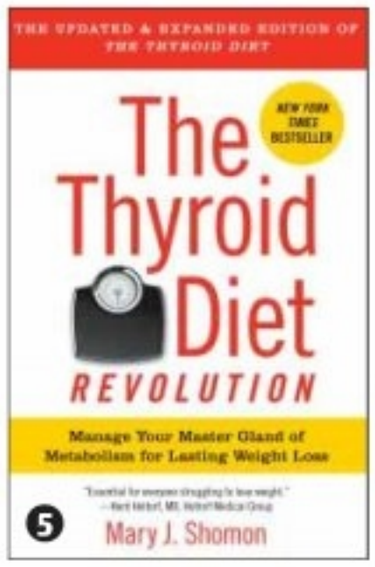
New diet books



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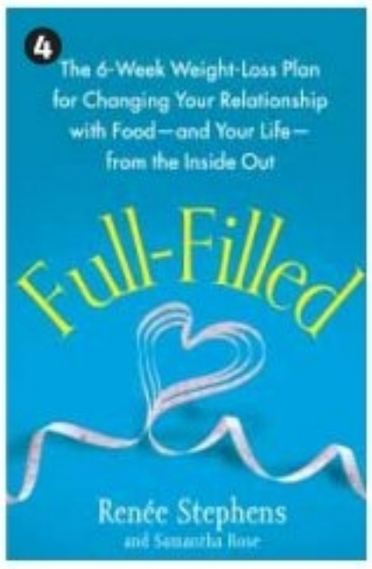
Manage Your Master Gland of Metabolism for Lasting Weight Loss
Mary J. Shomon
5

Looking to lose weight in 2012? These books promise to help.

1 "Eat Your Way to Sexy" by Elizabeth Somer, M.A., R.D.: Somer offers tips on shedding pounds and getting healthy — which in turn, she notes, will boost your sex life.

2 "The Men's Health Diet" and "The Women's Health Diet" by Stephen Perrine: Perrine and each magazine's editors have aggregated their best diet and exercise tips into these manuals.


4
The 6-Week Weight-Loss Plan for Changing Your Relationship with Food—and Your Life—from the Inside Out
Full-Filled
Renée Stephens
and Samantha Rose

3 "Think and Grow Thin" by Charles D'Angelo: Endorsed by President Bill Clinton, D'Angelo's book aims to change your mindset before your body.

4 "Full-Filled: The 6-Week Weight-Loss Plan for Changing Your Relationship with Food — and Your Life — from the Inside Out" by Renee Stephens: Former overeater Stephens details her own journey through food addiction — pulling food from the trash, topping everything with chocolate syrup — and how she overcame it.

5 "The Thyroid Diet Revolution" by Mary J. Shomon: Are your hormones impeding your weight loss efforts? This book will help you find out and tell what to do about it.

MEREDITH ENGEL
meredith.engel@metro.us

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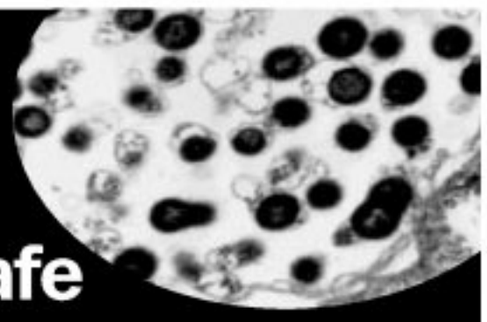
Life's Short Play Safe



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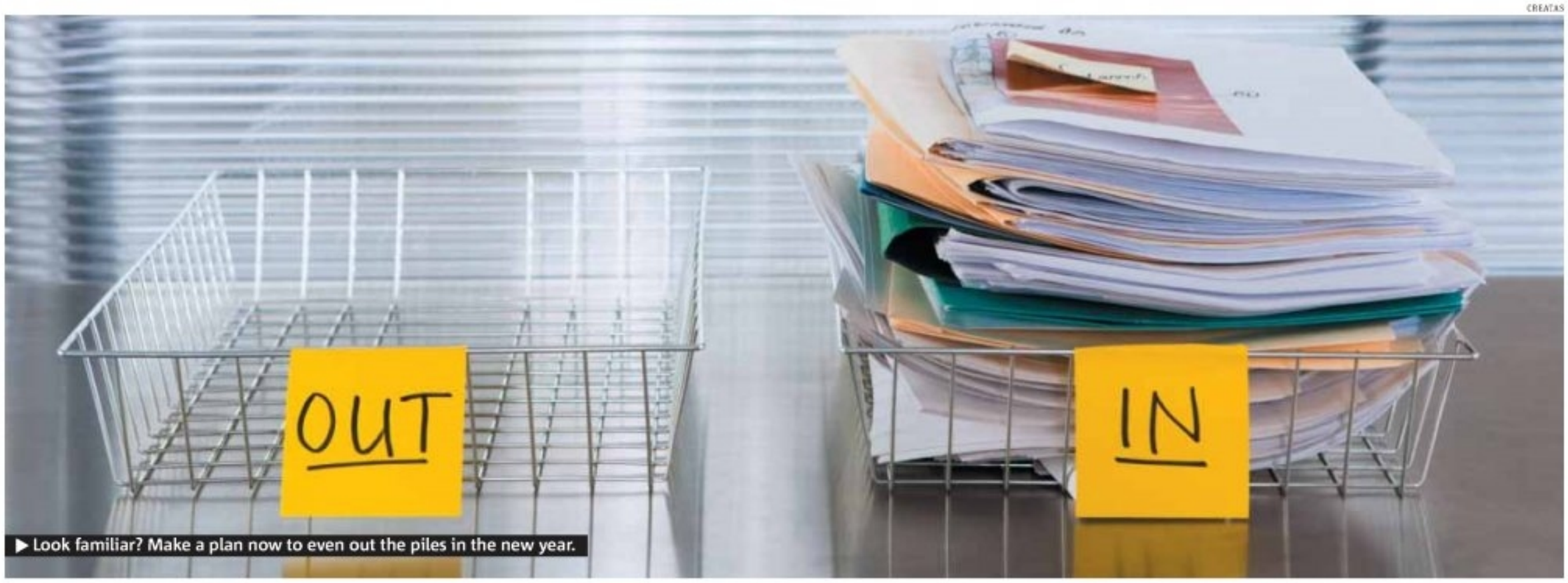
Managing work overload



CREATAS

▶ Look familiar? Make a plan now to even out the piles in the new year.

Hope you enjoyed that break, because it's post-holiday crunch time ◗ How to catch up on work and prevent stress in the months ahead ◗ A New Year's resolution to get you started

True, it's a new year, but that doesn't mean that stack of work you left for after the holidays vanished. We asked a few experts for tricks for keeping your head above water when you feel swamped and preventing work from piling up in 2012.

Be realistic: Commit only to the things that you can realistically manage. "When we over-commit, we have a tendency to let team members and clients down," says Michael Timmes, a human resources specialist at business consulting firm Insperity.

Organize the smart way: It's crucial to stay organized, but take it one productive step further and incorporate personal deadlines into your short- and long-term projects. "Planning should take place on multiple levels daily, weekly, monthly, quarterly and annually," says Timmes. "With proper planning, we can focus our time on the important non-urgent items and minimize the time spent in a crisis mode."

Communicate: It's not easy admitting that you made a mistake or that you need help, but sometimes you need to do just that. "Being able to communicate with your managers and senior executives will improve your relationships at the workplace and overall decrease your stress level," says Peter Handal, CEO of Dale Carnegie Training.

JULIA WEST
letters@metro.us

Limit distractions

"Turn the distracting dings, vibrates, buzzes and beeps off," says Marsha Egan, author of "Inbox Detox and the Habit of Email Excellence." "If possible, try checking your e-mail and phone messages a limited amount of scheduled times per day."

How does your boss perceive you?

Have you ever wondered about how your manager perceives you at work? We don't know how we're coming off until other people tell us. Recently, I surveyed over 500 professionals on my blog and found that 92 percent are interested in how they are viewed by management. By knowing what you're doing right and what you could be doing better, you can get promoted faster.

Here are three ways to become a more effective leader by controlling your perceptions and becoming more self-aware.

Advice

DAN SCHAWBEL
PERSONALBRANDINGBLOG.COM

Develop emotional intelligence

CareerBuilder.com reports that 71 percent of employers value emotional intelligence over IQ. To develop your EI, learn how to manage conflicts, become a team player, listen to what other people say and keep your emotions in check.

Ask for feedback regularly

Most companies have performance reviews for employees quarterly and annually in order to identify who should be promoted, remain in their current position or be laid off. Don't wait — you need to ask for feedback regularly. In doing so, you're showing that you care and want to improve.

*– **Dan Schawbel** is the author of "Me 2.0," the Managing Partner of Millennial Branding, LLC and a personal branding expert.*

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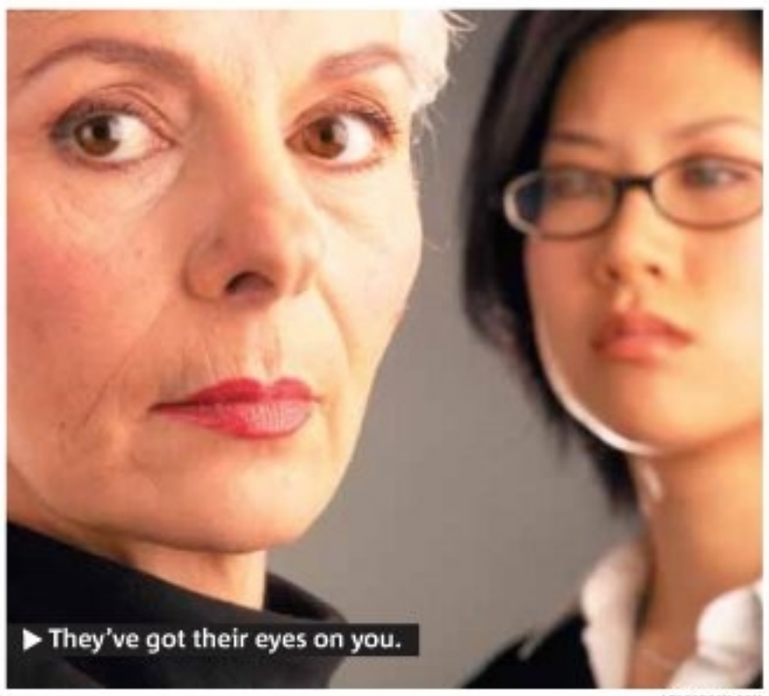

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Letters

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Monsters, one and all

In an interview recently, George W. said, "The best thing for the economy is war." Bush also said he doesn't miss being president — but he does miss being commander-in-chief. What part was the most fun for you, Mr. Bush? Sending thousands of young American men and women to their deaths or the millions of maimed Arabs? Now Obama and Congress are trying to start a war with Iran. They are not fools, they are monsters like Bush. **CHARLES MICHAEL COUCH, VIA E-MAIL**

Anyone but Obama in 2012

Fact: 47 percent of U.S. households pay no federal income tax! Obama's 2011 one-year employment tax reduction will deprive our social security fund of $119 billion. If Obama is allowed his way, he will do the same thing in 2012 for another $105 billion shortfall. Borrowing money from China to give foreign aid, to send us stimulus checks and to reduce our payments into social security is insane. Our national debt may be staggering, but it is dwarfed by our existing obligations to social security and government pensions. We can't survive 4 more years of calculated sabotage to our economy as we drift into a failed socialistic European model. Anyone — and I mean anyone — but Obama in November! **JOSEPH DUPONT, VIA E-MAIL**

Free news is good news

This past Monday, the New York Times raised its newsstand price from $2.00 to $2.50. They are now the most expensive daily newspaper in the nation. The Wall Street Journal costs $2.00, USA Today and Newsday are $1.00 each, and the New York Post costs only 75 cents! Only our favorite Metro is still the best deal in town — free! **LARRY PENNER, VIA E-MAIL**

Newt: The man with the plan

We have a situation where the president has deliberately worked to stymie the creation of jobs (XL Pipeline) through regulation, taxes, moratoriums, uncertainty (Dodd/ Frank), Obamacare, union bullying and class warfare on successful businessmen. There's only one candidate that knows his way around in Washington and who has the intellect to immediately clear the log jamb, and that man is Newt Gingrich. **JOHN SANGENARIO, VIA E-MAIL**

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♑ Capricorn **Dec. 22-Jan. 19.** Instead of weighing you down, challenges tend to stimulate you. You'll take both pride and pleasure engaging in what needs to be done.

♒ Aquarius **Jan. 20-Feb. 19.** You won't be content with the way things are being done if you believe you can do them better. Take it upon yourself to make the improvements you deem to be necessary.

♓ Pisces **Feb. 20-March 20.** Even if you feel that doing things a different way would benefit the other guy more than it would you, you'll do what is best for the majority.

♈ Aries **March 21-April 19.** If you need to make a few extra bucks, focus on some different ways to gain additional income. Chances are you'll come up with something.

♉ Taurus **April 20-May 20.** When you see that something isn't being properly managed, volunteer your services. No one is better at doing what needs to be done to get things on the right track.

♊ Gemini **May 21-June 20.** Regardless of how tough the job in question, you'll not hesitate to jump in and take control. Once you come up with a strategy, you'll unblinkingly focus on victory.

♋ Cancer **June 21-July 22.** You'll listen to what others have to say but won't embrace their suggestions without first taking some time to digest it. If you like what you hear, you'll try it.

♌ Leo **July 23-Aug. 22.** Although your financial aspects look good, you will still have to earn what's due you. If you don't view things as difficulties, you can have lots of fun.

♍ Virgo **Aug. 23-Sept. 22.** Whether you're selling, teaching or merely conveying information, you'll be exceptionally good at getting your points across. Any little morsel of wisdom you offer will be helpful.

♎ Libra **Sept. 23-Oct. 23.** Although some unexpected changes could buffet you about a bit, you'll hold steady. Once the turbulence subsides, the going should be smooth as glass and you'll slide right in.

♏ Scorpio **Oct. 24-Nov. 22.** Operating independently of others would suit you best, but that doesn't mean you wouldn't do well working with a group. You're up to accepting whatever life throws at you.

♐ Sagittarius **Nov. 23-Dec. 21.** Regardless of the toughness of the objectives you need to handle, you'll know they are achievable. It won't matter what is thrown at you, you'll take things on and win.

BERNICE BEDE OSOL

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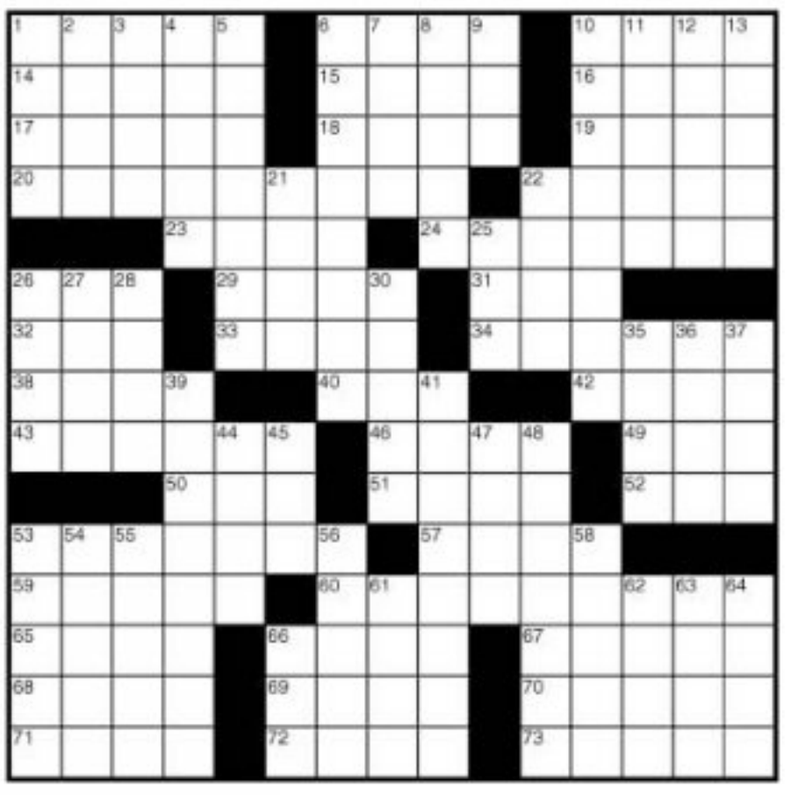
Across
1 Pie shell
6 Nota __
10 Zingy taste
14 Major artery
15 007's alma mater
16 __ Khayyam
17 Cold-aged beer
18 Techniques
19 Belgian river
20 Ocean crosser
22 Pond scum
23 Within reach
24 May birthstone
26 Here, for monsieur
29 Spruce
31 Pizarro's quest
32 Canine command
33 Pet-adoption org.
34 Dough
38 Archaeologist's find
40 Horror-film street
42 Swampy ground
43 Mariachi wear
46 Committed perjury
49 __ vous plait
50 Acorn
51 People devourer
52 Floating leaf
53 Gherkins
57 "Casablanca" role
59 Garden mollusk
60 Fragrant flowers
65 Mammoth
66 Put to flight
67 Port south of Recife
68 "Iliad" deity
69 A musical Guthrie
70 Linda __ of "Dynasty"
71 Frontier, once
72 Yell insults
73 Rents out money

Down
1 Knee neighbor
2 Jet engine noise
3 Press for
4 Rathskeller mug
5 Rifle range needs
6 Dante's beloved
7 French I verb
8 __ Dame, Ind.
9 Jr. naval officer
10 Shop area
11 Pablo's girl
12 Kind of congestion
13 Avarice
21 Lampshade support
22 Flying prefix
25 PTA member
26 Hieroglyphic bird
27 Grant territory
28 Frankenstein's gofer
30 Ernest or Julio
35 Sibilate
36 Diva's melody
37 Cuddled
39 Rangiest
41 Goose or gnu
44 Tug
45 When Paris sizzles
47 Clapton of "Layla"
48 Loudness unit
53 Humbug!
54 Toughen up
55 Zoo accommodations
56 Dry land
58 Jack, in cards
61 Festive log
62 Comparison word
63 Female deer
64 Answer with an attitude
66 Sahib's rule



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SUDOKU **LEVEL: EASY**

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SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

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G	E	A	R		E	S	T	E	E		E	G	A	N
Y	A	K	S		D	O	S	E	D		R	O	O	T

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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B's ready to bite into beefy schedule

▶ Dennis Seidenberg, left, and the Bruins have a busy start to 2012.

Multiple back-to-backs featured on the slate Cup rematch looms

It's a new year, and there's no better time for the Bruins to be resolute.

The 2012 half of the schedule kicks off tonight against the Devils in New Jersey (7:30 p.m. NBCSN), launching the Bruins on arguably their toughest three-week stretch of the regular season.

The Bruins will play 12 games over 21 days before the All-Star break, including three back-to-backs.

This first back-to-back, which includes Thursday's game against Calgary, poses its own special challenge: They are the final two games before the much-anticipated rematch with Vancouver Saturday afternoon at the Garden.

So after Saturday's 4-2 New Year's Eve loss in Dallas, which snapped a seven-game winning streak, the Bruins must return from their three-day break with a fresh outlook. Only one other time since Nov. 1 — a total of 25 games — have the Bruins lost two in a row.

"I think this whole week is about that," Bruins coach Claude Julien said Tuesday. "We've got [New Jersey], then we got Calgary the next day and, obviously, Vancouver at the end of the week. So it represents a real challenge for the whole team. It's going to be a tough week for us, and it'll be important to respond to it."

The Bruins last faced the Devils on Nov. 15, two weeks into the start of their 10-game winning streak, a 4-3 victory at the Garden.

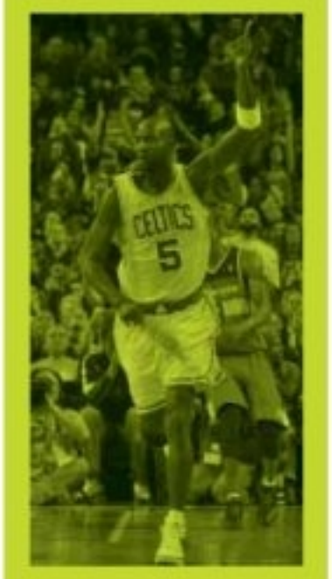
"Size-wise, they play a pretty heavy game," Julien said. JEFF GOLDBERG

4-3
The Bruins toppled the Devils 4-3 in a physical contest at TD Garden on Nov. 15, 2011.

1
Tonight the B's will be broadcast for the first time on the new NBC Sports Network.

5
Forward Jordan Caron was sent back to the AHL on Tuesday for the fifth time this season.

3



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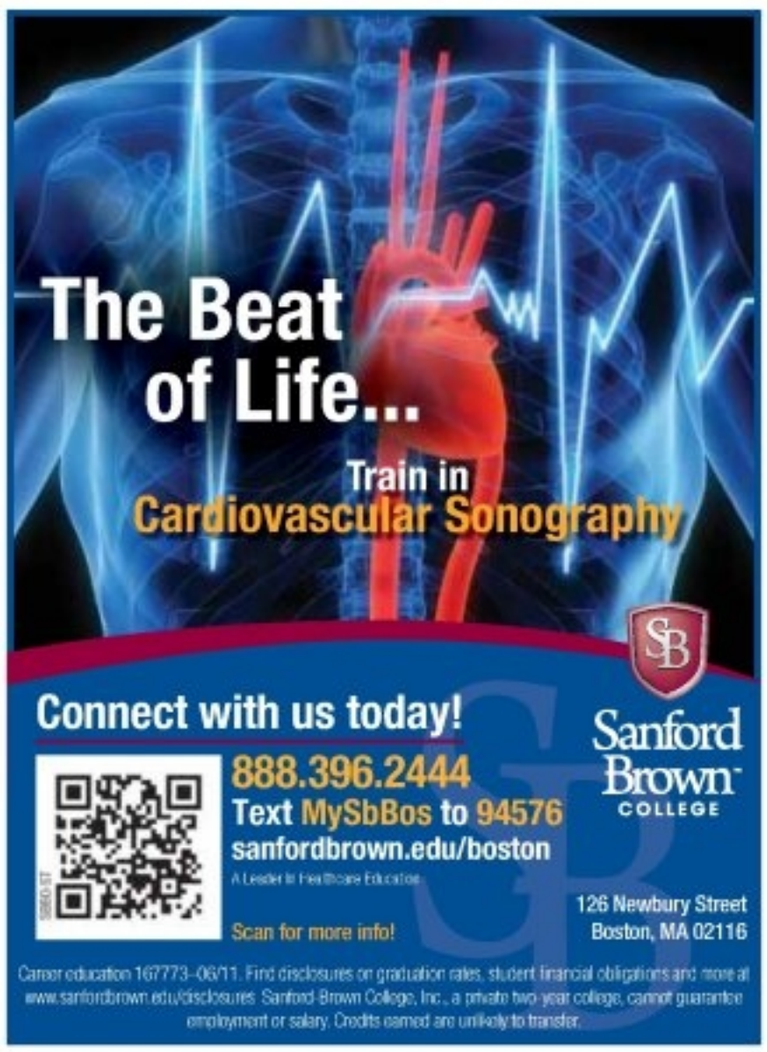
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END OF AN ERA FOR KOBE?

Opinion

JASON McINTYRE
SPORTS@METRO.US

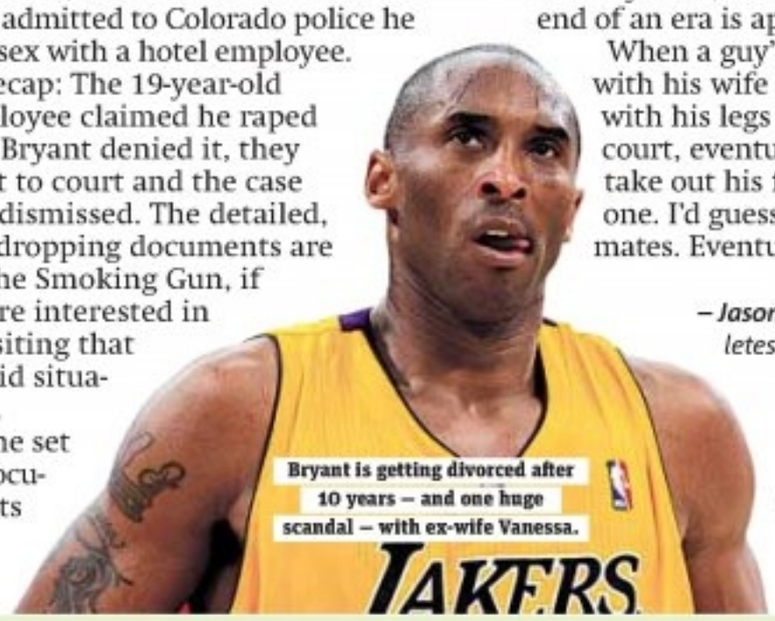
However you rang in the New Year, I'm 97 percent sure you had a better time than Kobe Bryant. In case you missed it, his wife, Vanessa, filed for divorce last month after 10 years of marriage.

I guess Kobe wasn't able to procure a gigantic, seven-figure diamond ring this time to get his wife to come back, like he did in 2003 after he admitted to Colorado police he had sex with a hotel employee. To recap: The 19-year-old employee claimed he raped her, Bryant denied it, they went to court and the case was dismissed. The detailed, jaw-dropping documents are on the Smoking Gun, if you're interested in revisiting that sordid situation.

The set of documents that you'll never see: Kobe's divorce settlement. It probably would have fallen somewhere between Michael Jordan's and Tiger's, anywhere from $100 million to $200 million. Kobe made a giant mistake and they never got a pre-nup.

Compounding Kobe's terrible start to 2012: The Lakers' new coach, Mike Brown, is pretty bad, the team looks old and sluggish and the 33-year-old Bryant is struggling with his shot. Bottom line, the Lakers don't appear to be an elite team anymore, and you get a sense the end of an era is approaching.

When a guy's losing legal battles with his wife all day and then with his legs at night on the court, eventually he's going to take out his frustrations on someone. I'd guess it'll be his teammates. Eventually.



– Jason Raj McIntyre covers athletes off the field and runs the popular sports blog, TheBigLead.com.

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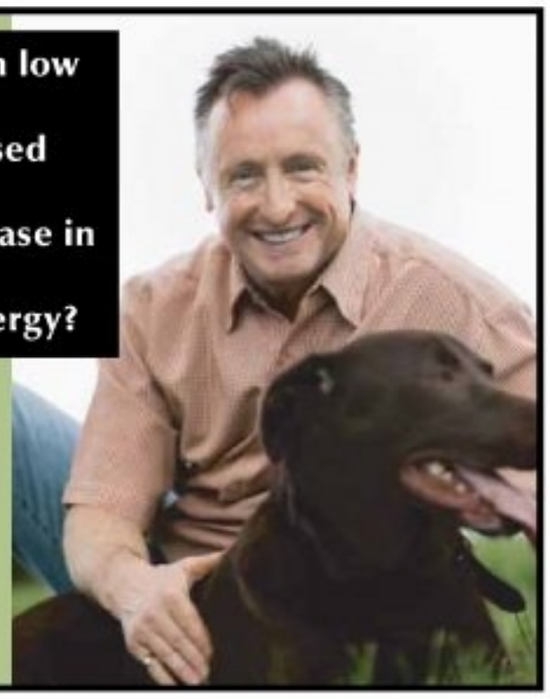

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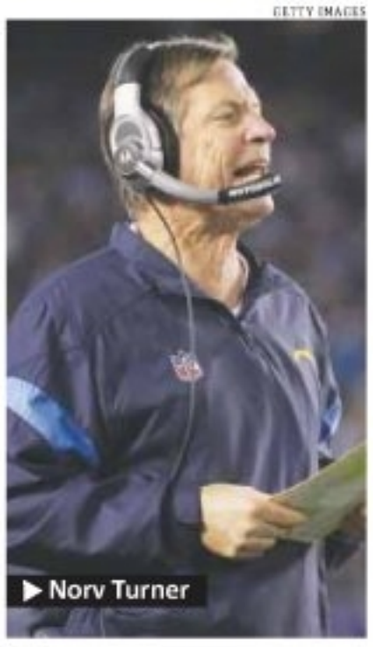
GETTY IMAGES

▶ Norv Turner

NFL hot seat cools down Black Tuesday

- Chargers coach Turner, GM to stay
- Reid gets another shot in Philly

Norv Turner isn't going anywhere. And it's the same for Andy Reid.

Both non-moves were considered minor shockers across the league on Tuesday.

"Everybody knows in this business that you've got to win. OK?" Chargers president Dean Spanos told ESPN Tuesday. "That's the bottom line. You don't have to say that."

The Chargers, considered AFC West favorites, went 4-1 to start the year but had a six-game losing streak and finished 8-8 overall.

Eagles chairman Jeffrey Lurie, meanwhile, said Reid will return for his 14th season as head coach.

"This was, without question, the most disappointing season since I've owned the team," Lurie stated. "It's completely unacceptable."

The supposed "Dream Team" began the 2011 campaign 1-4 and were never able to fully recover.

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▶ Andy Reid

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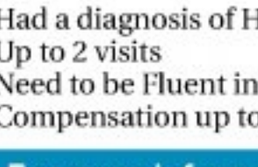
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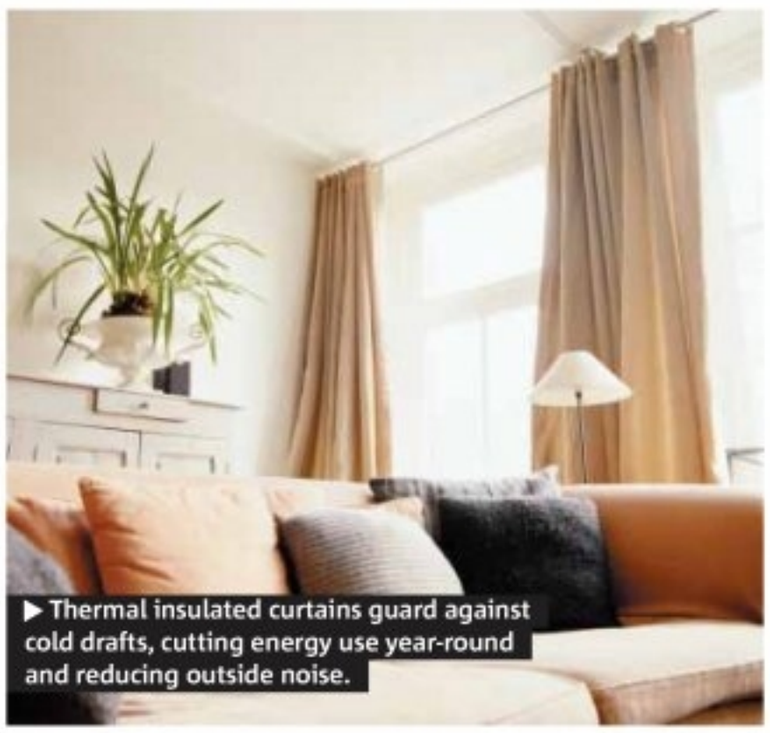
at home with metro

Get cozy this winter

Easy fixes to insulate your home without calling a contractor 'Keep the cold out and the style in'

With icy weather now long overdue, it's time to make your nest cozier. There's no need to call in a professional either. Whether you own or rent, here are some fixes to do yourself to lower your heating bills and carbon footprint. First up, identify trouble spots. That's as simple as moving around your home and examining openings for draughts. Then take action with some practical and design-savvy ways to prevent the loss of heat.

LINDA LABAN
linda.laban@metro.us



▶ Thermal insulated curtains guard against cold drafts, cutting energy use year-round and reducing outside noise.

Tip 1:

Pretty

New York-based Designer Courtney Cachet (www.courtneycachet.com) pays attention to heat-sucking windows via heavy drapes and honeycomb-style insulating blinds. "Add heavier curtains in the winter. You'll be surprised how thermal window treatments can keep a room much warmer. These were not the most attractive, but they have come a long way. Keep the cold out and the style in," she says. Cachet also recommends adding spot carpeting to hardwood and tile floors. "Use rugs on bare floors," she says. "A lot of people have hardwood floors above a poorly insulated basement. An area rug does a great job of keeping your feet warmer. A nice shag rug looks great and feels cozy."

Thermalogic Weathermate Insulated Curtains, $55, www.wayfair.com

Tip 2:

Practical

"The single biggest cause of a cold house is infiltration of air," says Rose Ann Humphrey of Boston design studio Home Life (www.home-life.com). "You must cut down on infiltration around windows, doors and other openings." That includes pet doors, too. "Buy weather stripping for doors along sides and the top," says Humphrey. "And buy special stripping to insulate at the bottom of the door. You can buy rope like putty, a semi-rigid product, for around windows or other air leaks. Afterwards, light a match to test if air is still coming into your home."

Global Trademark Tools Under the Door Dual Draft Stopper, $19, www.wayfair.com

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15 yr fixed	3.500	0.000	$959	20%	3.585
10/1 jumbo ARM	4.750	0.000	$787	20%	4.063
5/1 jumbo ARM	4.250	0.000	$787	20%	3.375
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15 yr fixed	3.750	0.000	$1164	20%	3.854
30 yr jumbo	4.990	0.000	$164	20%	4.993
15 yr jumbo	4.875	0.000	$164	20%	4.881
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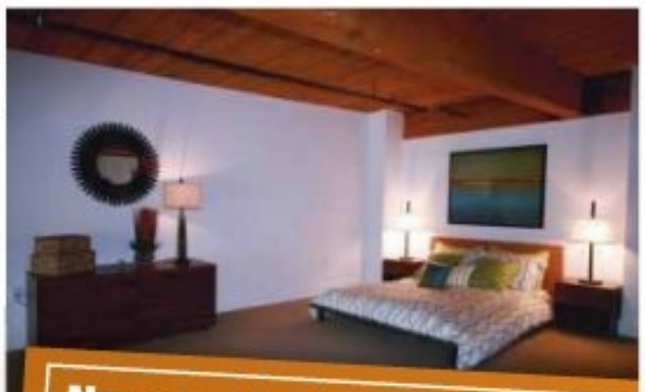

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Everything AND the kitchen sink

A new Newton design store combines decades of remodeling experience to emphasize the room where the party always ends up ◗ One of its owners talks shop

▶ Partners Pierre Matta and Gail Rice pose in their showroom.

ROBERT BOYD

Newton Kitchens & Design might have only come into existence at the end of last year, but the store amounts to decades of experience from new business partners Pierre Matta and Gail Rice.

Matta is a seasoned kitchen remodeler and custom cabinet-maker. Rice's Resource Design sat in the space prior, and her résumé includes work on the design of Faneuil Hall Marketplace.

Matta's tips

- "A huge central island often cramps access and ease of cabinet and appliance use."
- "Cheaper cabinetry made from thinner wood can sag after only a few years."
- "Consider adding a pantry to maximize space."

They pooled resources to pair homeowners with everyone from architects to artisans, particularly for the most-used and trickiest of areas: the kitchen.

"It really is one of the hardest things to get right," says Matta. "It's so personal."

The store itself is conveniently positioned near several other home-inclined businesses, including electrical, plumbing and tile vendors. Shoppers get a useful home improvement and design center.

"I asked the other storeowners if they wanted to network and share clients," says Matta. "It makes sense for us and for our clients."

Matta says it comes down to relationships and craftsmanship, which he thinks is sorely lacking in these days of Craigslist cowboys.

"If you compromise craftsmanship, then in just a short time you'll see wear," he adds. "I give a lifetime guarantee on my work."

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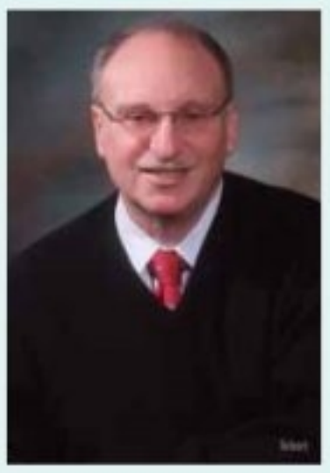

WHERE IS GRANDMA'S WILL?

By Attorney George Warshaw

Over family gatherings during the holidays, the topic often turns to one's parent's or grandparent's will.

"It's in the safe deposit box, I think."

"It's in her sock drawer with her old letters from Dad."

"It's not where I saw it last. OMG! Maybe the lawyer has it?"

While a safe deposit box seems like a good idea to put the will, if your name isn't on the box you will need authority from a court to open the box.

There's another place you can store a will that is cheap and easy.

Try the Registry of Probate. The fee varies with the county but it's not a lot.

In our office, we hold the original will for 12 months in case someone wants to make any changes or updates. We then file the will with the Probate Court.

Since most changes or corrections are made in the first year, it's not likely to change for several years and the will can be easily retrieved for updating.

If the person later dies, the Probate Court checks its storage records when an estate is later filed.

So if you want to find it when you need it, consider using the Probate Court instead of a safe deposit box or Grandma's sock drawer!

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George Warshaw is a real estate attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions at metro@warshawlaw.com.

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